



## Herb Roasted Turkey Breast with Pan Gravy

READY IN



65 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups apple cider
- 8 servings pepper black freshly ground
- 0.3 cup regular brandy (recommended: Calvados)
- 4 tablespoons butter
- 3 tablespoons flour all-purpose
- 6 bay leaves fresh
- 1 handful flat-leaf parsley fresh ()
- 12 sage leaves fresh
- 1 optional: lemon scrubbed

- 3 tablespoons olive oil extra-virgin plus more for oiling pan
- 1 small onion peeled coarsely chopped (golf-ball sized)
- 1 teaspoon salt as needed plus more
- 8 servings salt and pepper
- 4 pounds turkey breast halves boneless

## Equipment

- food processor
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- peeler
- pastry brush

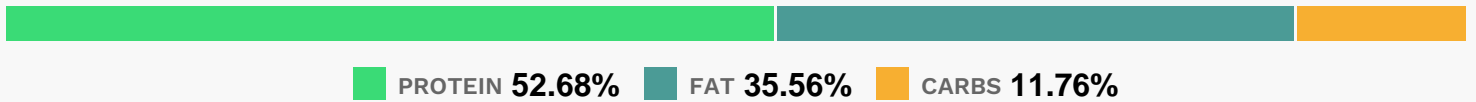
## Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F. Oil a roasting pan and set it aside.
- Put the onion into the bowl of a mini food processor. Using a vegetable peeler, peel the zest from the lemon in thin strips, being careful not to cut into the bitter white pith.
- Add the lemon zest to the food processor and reserve the whole lemon for another use. Chop the onion and lemon zest until fine.
- Add the sage, parsley, olive oil, and 1 teaspoon salt and pulse until it forms a coarse paste.
- Put 2 of the bay leaves and the butter into a small pan and heat over medium-low heat until the butter is bubbling.
- Remove from the heat and set aside.
- Put the turkey breasts on a work surface. Carefully run your fingers between the skin and the flesh from 1 end, being careful not to pull it completely off, creating a pocket. Season the turkey breasts generously with salt and pepper. Stuff half of the herb paste under the skin of

each breast, and spread it evenly under the skin.

- Transfer the breasts to the roasting pan, and slide 2 bay leaves underneath each one. (The heat of the pan will release the bay leaf oils and flavor the breast.) Using a pastry brush, baste the breasts with half of the bay butter.
- Place the turkey in the oven and immediately decrease the temperature to 400 degrees F. After 20 minutes, baste the turkey breasts with the remaining butter, and roast for an additional 20 to 25 minutes, until cooked through, and a thermometer placed in the thickest part of the breast registers 170 degrees F.
- Remove from the oven, transfer to a platter, cover, and let rest for 10 minutes before carving while you make the gravy.
- Put the roasting pan over the burner on medium heat.
- Sprinkle the flour over the pan juices, and cook, stirring, for a few minutes.
- Add the apple brandy, and scrape the pan to lift the bits that are stuck to the bottom. Cook for a minute to burn off the alcohol, then, while stirring, pour in the apple cider. Bring to a simmer, and stir until thickened. Season with salt and pepper.
- Slice the turkey breast on the diagonal, and serve with warm gravy.

## Nutrition Facts



## Properties

Glycemic Index:37.16, Glycemic Load:4.65, Inflammation Score:-5, Nutrition Score:22.975217456403%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 388.54kcal (19.43%), Fat: 14.86g (22.86%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 10.27g (3.73%), Sugar: 6.51g (7.24%), Cholesterol: 137.52mg (45.84%), Sodium: 1000.22mg (43.49%), Alcohol: 2.51g (100%), Alcohol %: 0.95% (100%), Protein: 49.54g (99.08%), Vitamin B3: 22.75mg (113.77%), Vitamin B6: 1.79mg (89.66%), Selenium: 52.67µg (75.25%), Phosphorus: 549.64mg (54.96%), Vitamin B12: 1.44µg (24.01%), Vitamin B2: 0.36mg (21.27%), Zinc: 3.02mg (20.16%), Potassium: 649.59mg (18.56%), Vitamin B5: 1.85mg (18.46%), Copper: 0.33mg (16.32%), Magnesium: 62.99mg (15.75%), Vitamin K: 12.06µg (11.48%), Vitamin C: 9.03mg (10.95%), Iron: 1.64mg (9.13%), Vitamin B1: 0.12mg (8.02%), Vitamin E: 1.09mg (7.26%), Folate: 25.29µg (6.32%), Manganese: 0.12mg (6.12%), Vitamin A: 271.33IU (5.43%), Calcium: 46.61mg (4.66%), Fiber: 0.79g (3.15%), Vitamin D: 0.23µg (1.51%)